

**2008 VIRGINIA SWIMMING LC AGE GROUP CHAMPIONSHIPS
WARM-UP SCHEDULE THURSDAY, JULY 24, 2008**

3:00 pm to 3:30 pm - General warm ups in all 8 lanes

3:30 pm to 3:50 pm - Specific warm ups:

Lanes 1 and 8 - Pace Lanes

Lane 2 - Starts

Lanes 3, 4, 5, 6, and 7 - continued general warm up.

Due to the large number of swimmers, we are asking all teams to only warm up those swimmers who will be participating in this session.

**2008 VIRGINIA SWIMMING LC AGE GROUP CHAMPIONSHIPS
WARM-UP SCHEDULE FRIDAY, JULY 25, 2008**

Team	Morning		Afternoon	
	Time	Lane	Time	Lane
BAC	7:00 - 7:30	4	1:00 - 1:30	2
BASS	7:00 - 7:30	8	1:00 - 1:30	5
CCA	7:30 - 8:00	2	1:00 - 1:30	8
CGBD	7:00 - 7:30	5,6	1:00 - 1:30	4
CVA				
CYAT				
GATR	7:30 - 8:00	5	1:00 - 1:30	7
HA	7:30 - 8:00	4		
HOKI	7:30 - 8:00	8		
LY	7:30 - 8:00	7	1:00 - 1:30	7
NOVA	7:00 - 7:30	1,2,3,4	1:00 - 1:30	1,2
NSD	7:30 - 8:00	7	1:00 - 1:30	8
OBX	7:30 - 8:00	2	1:00 - 1:30	7
ODAC	7:00 - 7:30	7	1:00 - 1:30	4
PSDN	7:30 - 8:00	1,2	1:00 - 1:30	5
PWSC			1:00 - 1:30	8
PYAC	7:30 - 8:00	2		
QDD	7:30 - 8:00	5	1:00 - 1:30	3
RACE			1:00 - 1:30	7
RAYS	7:30 - 8:00	4	1:00 - 1:30	5
RPST	7:30 - 8:00	2	1:00 - 1:30	8
SEVA	7:30 - 8:00	8	1:00 - 1:30	2
SGY			1:00 - 1:30	8
SHKS	7:30 - 8:00	2		
SMAC	7:30 - 8:00	6	1:00 - 1:30	6
SQST	7:00 - 7:30	8		
STAT	7:30 - 8:00	6	1:00 - 1:30	6
TAC	7:30 - 8:00	7	1:00 - 1:30	8
TCAC	7:30 - 8:00	8	1:00 - 1:30	7
TIDE	7:30 - 8:00	3,4	1:00 - 1:30	3
TSU				
US	7:30 - 8:00	5		
VACS	7:30 - 8:00	8	1:00 - 1:30	8
VAST	7:30 - 8:00	4	1:00 - 1:30	8
VSTP	7:00 - 7:30	6	1:00 - 1:30	8
WAC	7:00 - 7:30	6	1:00 - 1:30	6

**2008 VIRGINIA SWIMMING LC AGE GROUP CHAMPIONSHIPS
WARM-UP SCHEDULE SATURDAY, JULY 26, 2008**

Team	Morning Time	Lane	Afternoon Time	Lane
BAC	7:30 - 8:00	8	1:30 - 2:00	2
BASS	7:00 - 7:30	8	1:30 - 2:00	1
CCA	7:00 - 7:30	3	1:30 - 2:00	1
CGBD	7:30 - 8:00	3,4	1:30 - 2:00	5,6
CVA				
CYAT	7:00 - 7:30	6		
GATR	7:30 - 8:00	1	1:30 - 2:00	2
HA	7:30 - 8:00	4		
HOKI	7:00 - 7:30	8		
LY	7:00 - 7:30	3	1:30 - 2:00	2
NOVA	7:30 - 8:00	5,6,7,8	1:30 - 2:00	7,8
NSD	7:00 - 7:30	5	1:30 - 2:00	1
OBX	7:00 - 7:30	5	1:30 - 2:00	1
ODAC	7:30 - 8:00	2	1:30 - 2:00	2
PSDN	7:00 - 7:30	7,8	1:30 - 2:00	4
PWSC			1:30 - 2:00	1
PYAC	7:00 - 7:30	3		
QDD	7:30 - 8:00	4	1:30 - 2:00	6
RACE			1:30 - 2:00	2
RAYS	7:00 - 7:30	4	1:30 - 2:00	6
RPST	7:00 - 7:30	3	1:30 - 2:00	8
SEVA	7:00 - 7:30	2	1:30 - 2:00	6
SGY			1:30 - 2:00	8
SHKS	7:00 - 7:30	1		
SMAC	7:30 - 8:00	2	1:30 - 2:00	3
SQST	7:00 - 7:30	6		
STAT	7:00 - 7:30	2	1:30 - 2:00	3
TAC	7:00 - 7:30	1	1:30 - 2:00	1
TCAC	7:00 - 7:30	1	1:30 - 2:00	8
TIDE	7:00 - 7:30	5	1:30 - 2:00	4
TSU				
US	7:30 - 8:00	8		
VACS	7:00 - 7:30	2	1:30 - 2:00	1
VAST			1:30 - 2:00	8
VSTP	7:00 - 7:30	4	1:30 - 2:00	1
WAC	7:30 - 8:00	1	1:30 - 2:00	3

**2008 VIRGINIA SWIMMING LC AGE GROUP CHAMPIONSHIPS
WARM-UP SCHEDULE SUNDAY, JULY 27, 2008**

Team	Morning Time	Lane	Afternoon Time	Lane
BAC	7:30 - 8:00	5	12:30 - 1:00	8
BASS	7:30 - 8:00	8	12:30 - 1:00	6
CCA	7:30 - 8:00	6	12:30 - 1:00	8
CGBD	7:00 - 7:30	5,6	12:30 - 1:00	2
CVA			12:30 - 1:00	8
CYAT				
GATR	7:30 - 8:00	7	12:30 - 1:00	6
HA	7:30 - 8:00	7		
HOKI	7:30 - 8:00	5		
LY	7:30 - 8:00	4	12:30 - 1:00	7
NOVA	7:00 - 7:30	1,2,3,4	12:30 - 1:00	3,4
NSD			12:30 - 1:00	4
OBX	7:30 - 8:00	2	12:30 - 1:00	1
ODAC	7:00 - 7:30	7	12:30 - 1:00	7
PSDN	7:30 - 8:00	1,2	12:30 - 1:00	4
PWSC	7:30 - 8:00	8	12:30 - 1:00	8
PYAC	7:00 - 7:30	6		
QDD	7:00 - 7:30	4	12:30 - 1:00	2
RACE	7:00 - 7:30	4	12:30 - 1:00	1
RAYS	7:30 - 8:00	4	12:30 - 1:00	5
RPST	7:00 - 7:30	8		
SEVA	7:30 - 8:00	8	12:30 - 1:00	7
SGY			12:30 - 1:00	6
SHKS	7:30 - 8:00	6		
SMAC	7:30 - 8:00	5	12:30 - 1:00	5
SQST	7:30 - 8:00	3		
STAT	7:30 - 8:00	7	12:30 - 1:00	6
TAC	7:30 - 8:00	6	12:30 - 1:00	5
TCAC	7:30 - 8:00	2	12:30 - 1:00	8
TIDE	7:00 - 7:30	8	12:30 - 1:00	1
TSU				
US	7:30 - 8:00	8		
VACS	7:30 - 8:00	2	12:30 - 1:00	8
VAST	7:30 - 8:00	3	12:30 - 1:00	6
VSTP	7:30 - 8:00	7	12:30 - 1:00	5
WAC	7:00 - 7:30	6	12:30 - 1:00	6